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WORTH  
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PAGE 13

**UConn upsets  
Michigan State  
in NCAA action**

With B-ball's move towards T-shirt-style jerseys, use Metro AR to vote on ugliest uniforms in sports

PAGE 18

**WOW, THAT NUN  
REALLY JUMPS  
OFF THE PAGE**

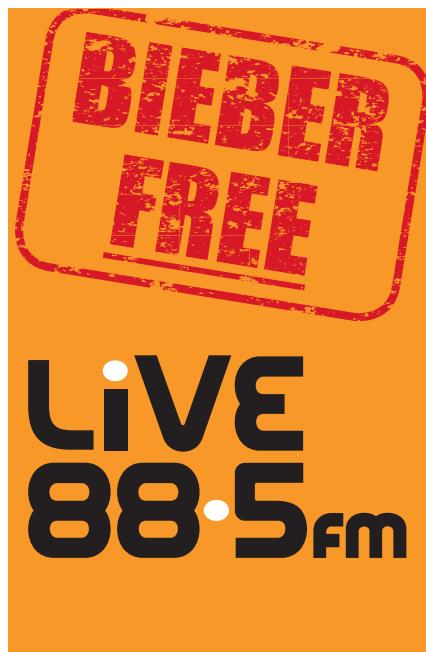
SEE HER (LITERALLY) SING IN THE PAPER WITH OUR NEW AUGMENTED REALITY (AR) TOOL

PAGE 7



## BOBBLEHEADING THEIR WAY TO THE JUNOS

The Arcade Fire Bobbleheads arrive on the red carpet during the Juno Awards in Winnipeg on Sunday. For Junos coverage, go to page 10. JOHN WOODS/THE CANADIAN PRESS



# Wynne takes on Hudak over accusations

### Political scandal.

Premier demands Tory leader stop claiming she had role in alleged gas plant coverup

Premier Kathleen Wynne says she has obtained legal advice and is demanding Tory Leader Tim Hudak stop repeating an accusation claiming she "possibly ordered" the destruction of government documents in the gas plants scandal.

In an open letter Sunday, Wynne calls Hudak's comments "false, misleading and defamatory allegations" that she says are "utterly unsupported" by evidence.

She demands Hudak and his caucus stop making the

claim and remove it from their website — which carried it as of Sunday morning — and all other party communications.

Wynne writes that unless that is done she will "take all necessary and appropriate steps to ensure your false statements are corrected."

A Wynne spokeswoman would not say what specific steps the premier is considering. Hudak's office did not immediately comment.

Hudak made the comments Thursday after the explosive release of court documents alleging police, who have an ongoing criminal investigation into the scandal, believe the chief of staff of former premier Dalton McGuinty gave an outside tech expert — the boyfriend of a senior staffer — access to 24 computers in the premier's office.

According to the documents, top aide David Livingston sought high-level access to the computers to "wipe clean the hard drives" after McGuinty resigned amid controversy over the costly cancellation of two gas plants ahead of the 2011 election.

Hudak told a news conference that "We now know that the coverup and criminal destruction of documents and emails took place in Kathleen Wynne's office under her watch as premier," adding that she "possibly ordered the destruction of documents."

In a snap news conference shortly after, Wynne said Hudak's accusations that she participated in a crime and a coverup are "irresponsible ... disgraceful and they're an insult to his office."

THE CANADIAN PRESS



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Lotto Max

**\$48M ticket sold in Ottawa area**

It's likely an Ottawa-area resident is \$48 million richer, according to OLG, which announced Friday a winning Lotto Max ticket had been sold to someone in the region. The winning numbers are 8, 15, 16, 21, 31, 37, 39. The bonus number is 20.

The winner of the \$48 million jackpot has not yet come forward. Visit [olg.ca](http://olg.ca) for more information.

JOE LOFARO/METRO

Strike over

**Carleton, union reach tentative agreement**

Carleton University and the union representing its security staff, OPSEU Local 404, have reached a tentative agreement following a strike that has lasted nearly three weeks.

JOE LOFARO/METRO

Traffic stop

**Two facing firearm charges**

Ottawa police say a traffic stop in rural south Ottawa last Wednesday led to several firearm charges against two men.

Patrol officers noticed that one of two suspicious vehicles in the area of Mitch Owens Road and 8th Line Road was reported stolen. A loaded 32 caliber pistol was located in one of the vehicles, police said.

The men who were charged are aged 27 and 51. METRO

## **Closing arguments. Terrorism trial of London, Ont. doctor to resume on Monday in Ottawa court**

Closing arguments in the trial of an Ontario doctor accused of participating in an alleged terror plot will resume in an Ottawa courtroom on Monday.

Dr. Khurram Sher pleaded not guilty in February to conspiring to facilitate terrorist activity. The RCMP arrested Sher on Aug. 6, 2010 after following him over several months and monitoring his emails and phone calls.

The Crown alleges a post-



Dr. Khurram Sher METRO

dinner chat on July 20, 2010 at an Ottawa apartment turned from small talk to a

discussion about making a bomb and a potential attack on CFB Trenton.

Sher testified last month that although some parts of that conversation were "alarming," it descended into nothing but "a farce."

"It was a lot of bizarre comments. Just being goofy and silly," he told the court.

The Crown's case relies heavily on transcripts from several phone conversations between February to August

2010. Sher's lawyers say the accuracy of the July 20 conversation in particular is questionable because the 70-minute audio recording is of poor quality and often contains muffled voices.

Sher's lawyers also argued the transcripts should not be considered as evidence since they are influenced by the interpretation and opinion of the RCMP officer who spied on Sher and his two alleged co-conspirators.

LUCY SCHOLEY/METRO

# **Don't just be a bystander, TEDx speaker urges**

**Rethink and Rebuild.**  
Youth mentor speaks about getting involved when people are victimized

**TANYA KIRNISHNI**  
[ottawa@metronews.ca](mailto:ottawa@metronews.ca)

The idea that people should stand up for victims of bullying also applies to other problems in society, says a youth mentor who helped open Ottawa's first TED Talk series on March 29 at The Canadian Museum of Nature.

Youth mentor Katie Zeppieri spoke about The Power of the Bystander, urging people to take an active role in addressing the problems around them and not wait for someone else to do it.

The theme for TEDxElginSt was Rethink and Rebuild, look-

ing at current situations and how we can change them for the better.

"We diffuse responsibility, thinking that someone else is going to take care of the problem," said Zeppieri, who was a victim of bullying in elementary and high school and also witnessed other students being victimized. "I saw the need for empowerment, realizing that I got where I am because I was given opportunities by my mentors and family."

Based on her experiences, Zeppieri wrote Culture of Peace, a teacher's manual that looks at building a community in schools where acceptance would be at the forefront.

"If you encourage a positive culture you set the foundation for other people to step up and take leadership roles," said Zeppieri.

Zeppieri is the founder of the Make Your Mark movement, which does charity work to inspire youth to make a



Youth mentor Katie Zeppieri started GIRL TALK Empowerment Day (GTED), which drew 1,000 girls to its first event. CONTRIBUTED

difference through summer camps and leadership workshops. Last year, Zeppieri also created GIRL TALK Empowerment Day (GTED), which drew 1,000 girls to its first event in Oshawa. The next GTED takes place June 15 and there are plans to eventually spread out across Canada.

Four months after the first GTED, Zeppieri received a phone call from a drug rehabilitation clinic about a girl who had attended GTED and cited it as the turning point in her life. She got off drugs, finished high school and went to university. "They called me to invite me to her graduation," Zeppieri said.

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1  
NEWS

# Catholic schools to review gym door safety after child crushed

**Mechanized dividers.**  
Police and Ontario Ministry of Labour also investigating accident

 LUCY SCHOLEY  
lucy.scholey@metronews.ca

The Ottawa Catholic School Board has asked its principals to review safety procedures on motorized gym doors after a 13-year-old boy was critically injured on Thursday.

The Grade 7 student at Notre Dame High School was rushed to the hospital after he was trapped between the mechanical doors that divide the gym.

According to a school board press release, there are already safety procedures in place about the doors.

"The prayers of everyone



A 13-year-old boy at Notre Dame High School was critically injured after he was trapped between mechanical gym doors on Thursday. LUCY SCHOLEY/METRO

at the Ottawa Catholic School Board are with the student and his family at this difficult time," reads the press release.

Teachers provided first aid on the boy, and he was breathing by the time the ambulance arrived. Paramedics

successfully performed "aggressive, advanced life-saving procedures" en route to the hospital, according to paramedics spokesperson Frank Lalonde.

Ottawa police responded shortly after, and the boy's

## Statement

"The prayers of everyone at the Ottawa Catholic School Board are with the student and his family at this difficult time."

Ottawa Catholic School Board press release

parents met him at the Children's Hospital of Eastern Ontario.

On Friday, CTV News reported that the boy's grandmother, Mary Helm, said the family was holding a vigil for the boy at his bedside in the hospital. She told the television station the boy had a breathing tube and was being kept sedated.

The school board, police and Ontario Ministry of Labour are all investigating.

# Dogged defenders to frequent farm fields full of gorging geese

Wanted: A few good hounds to stave off an airborne assault in Canada's capital.

The federal government plans to hire trained dogs this spring to protect its central experimental farm from incursions of hungry Canada geese.

Agriculture Canada recently issued a tender for dawn and dusk pooh patrols, five days a week, across 300 hectares of fields at the Ottawa farm, which is used to develop new crops.

The work will require at least two dogs, sometimes more, to be directed by experienced handlers.

The tender document says the animals must be trained "specifically for scaring, not for retrieving" and that no geese may be harmed.

It's the second year that Agriculture Canada has brought in dogs to control goose visitations at the farm, which was established in 1886.

Last year, two border col-



Geese are notorious for gobbling up seeds from newly sown fields.

TOBY TALBOT/THE CANADIAN PRESS FILE/THE ASSOCIATED PRESS

lies and a trainer were hired for \$44,000 to drive away more than 1,000 geese, notorious for gobbling up seeds from newly sown fields — ruining hundreds of thousands of dollars worth of experiments.

"When left uncontrolled, geese can damage valuable research crops and hinder important agricultural research

work that brings benefits to farmers and the agricultural sector," said spokesman James Watson.

Previous efforts using decoys and even human patrols failed. The canine crew will operate April to June, during the first goose assault, and August to November when the birds return.

THE CANADIAN PRESS



## A weary, but fading image

A Lord Elgin Hotel employee clears snow from Slater Street on Sunday morning. Ottawa got a gratuitous 5-10 cm of snow, but Environment Canada says things will get steadily warmer as the week progresses, starting with a sunny high of 6 C on Monday. While there may be snow Wednesday, Arnold Ashton, a severe-weather meteorologist with Environment Canada, says it could also switch to rain. He also says we shouldn't complain too loudly — northwestern Ontario was forecast to get 30-40 cm of snow on Sunday night. SEAN MCKIBBON/METRO

## Executive director

### Tory resigns over nomination spat

Conservative sources say the party's executive director Dimitri Soudas has resigned amid a controversy over his fiancée's nomination bid in a suburban Toronto riding.

Some Tories in the Ontario riding of Oakville-North Burlington had complained of perceived interference by Soudas in an upcoming nomination battle there involving his fiancée MP Eve Adams.

Adams is choosing to run in that riding, rather than the non-adjacent riding she currently represents in Mississauga.

THE CANADIAN PRESS

## Lumberjack legend

### Redblacks name team mascot

Ottawa's new CFL team the Redblacks unveiled the name of their mascot on Friday. The flannel-wearing lumberjack was dubbed Big Joe Mufferaw after a song based on the logger legend Joe Montferrand, who frequented the Ottawa Valley in the 19th century. LUCY SCHOLEY/METRO

## Scrubbi. A high-tech solution to hiring quality help at home

A cleaning startup company aims to sweep away the competition with its tech-based approach to customer service.

Daniel Deckert founded Scrubbi last September in Surrey, B.C. He and his wife worked long hours and wanted to spend their free time with each other, not cleaning the house. But after going through numerous cleaning companies, they couldn't find anything that satisfied their needs.

"It's an old-school industry — everything is done by phone, they don't have websites, there's no quality control," says Deckert. He created Scrubbi with the aim of simplifying customer service through such things as online payments and full online support.

"We have a response time of five minutes," says Deckert, emphasizing the importance of regular availability.

Quality is also an import-

ant factor and Deckert says they require maids to have at least one year of experience and client references to be hired by Scrubbi. Deckert adds that Scrubbi's quality of service does not decrease over time because they ask for regular client feedback.

"After the service is done, the customer gets an automatic email for a quick review," explains Deckert.

Clients are not the only ones benefitting from a more efficient organization, he says. Deckert explains that by setting up maids with customers in their local area, they give them more hours than they could pick up through freelancing.

"We're actually creating work here," says Deckert.

Scrubbi has spread quickly across Canada, opening an Ottawa branch in November 2013, and has hopes of expanding into the United States this summer.

TANYA KIRNISHNI/FOR METRO



Daniel Deckert founded Scrubbi, a cleaning startup, in September 2013 in Surrey, B.C. Scrubbi opened an Ottawa branch in November. CONTRIBUTED

# Domus Housewares ready to bid farewell

**Murray Street.** After 44 years in ByWard Market, retirement beckons for owners

 **LUCY SCHOLEY**  
lucy.scholey@metronews.ca

After more than 40 years in business, Domus Housewares is packing up the kitchen supplies and closing the doors.

Manager Katalin Veghely says the lease is up and the owners are ready to retire from the ByWard Market specialty shop that claims to be the first of its kind in Ottawa.

"Some people are calling it an institution and I really think it is," Veghely said, adding she's "shocked" to see it finally close but that the timing is right.

John Taylor, who separately owns the neighbouring Domus Café, will expand his restaurant into the space with an additional bar and revamped menu, says Veghely.

Heather Matthews opened Domus Housewares on Sussex Drive on May 10, 1970. In its 44 years, it has hopped around the ByWard Market from Sussex to York and Dalhousie streets and finally to the 3,000-square-foot location on Murray Street. Matthews brought in the cafe in 1984 and sold the venue in 1988.

Throughout the years, the store's selection of teacups, cutting boards and tablecloths changed. However, its



Domus Housewares, which claims to be Ottawa's original specialty kitchen supply store, is closing after nearly 44 years in business. Pictured are manager Katalin Veghely, middle, her sister Gigi Broadway, left, and fellow employee Chelsea Minogue. LUCY SCHOLEY/METRO

white china collection was a popular mainstay, especially the milk jug shaped like a cow.

When Veghely started working at Domus Housewares nearly 26 years ago, she says it felt like "home."

"It was the point where

people would actually come and meet," she said. "It was vibrant. I mean, it's changed throughout the years, but people still know it."

The guest book on the store's main desk has been filling up with people's regrets at the store's closure.

Veghely says she's interested in taking a vacation and then will pursue work in the same industry. There are six staffers at the store, including Veghely's sister, Gigi Broadway.

Domus will have its last blowout sale on April 30.

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# Russia recommends Ukraine federation as Kerry, Lavrov meet

## Sunday's meeting.

Diplomatic talks proceed while Russia deploys troops along border

Russia on Sunday set out demands for a diplomatic resolution to the crisis in Ukraine, saying the former Soviet republic should be unified in a federation allowing wide autonomy to its various regions as U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov met in Paris in another bid to calm tensions.

After a brief call on French Foreign Minister Laurent Fabius, Kerry sat down with Lavrov at the residence of the Russian ambassador to France to go over Moscow's response to a U.S. plan to de-



U.S. Secretary of State John Kerry, left, shakes hands with Russian Foreign Minister Sergey Lavrov before the start of their meeting.

JACQUELYN MARTIN/THE ASSOCIATED PRESS

escalate the situation as Russian troops continue to mass along the Ukrainian border.

The men said nothing of substance as they shook hands, although after Kerry ended the photo op by thanking assembled journalists, Lavrov cryptically added, in English, "Good luck, and good night."

Appearing on Russian television ahead of his talks with Kerry, Lavrov rejected suspicions that the deployment of tens of thousands of Russian troops near Ukraine is a sign Moscow plans to invade the country following its annexation of the strategic Crimean peninsula.

THE ASSOCIATED PRESS

## Medical marijuana. Many patients say they'll have to break the law or go without

They might have a temporary reprieve, but pain-stricken Canadians who grow their own medical marijuana say they may soon face a difficult choice: go without the weed they need or break the law to get it.

A Federal Court judge recently granted an injunction that allows thousands of patients to continue cultivating their own marijuana at home, or designate someone to grow it for them — at least until their legal challenge of planned new rules can be argued more fully.

But the federal government is determined to change the system, even if Tuesday's full-fledged launch will be delayed.

If the courts ultimately reject the legal challenge to the plan led by several home-growers, anyone other than a licensed producer cultivating pot would be breaking the law.

Still, some patients argue the new system will deny them a safe, affordable supply of the particular strains of marijuana that make their often-debilitating conditions bearable.

Alison Myrden of Burlington, Ont., says she cannot afford to switch to a licensed

### Prices to get high?

- Price per gram, purchased from Health Canada under the old rules: \$5
- Expected price per gram, under the new rules: Expected to initially average about \$8.
- Projected total additional cost to all approved patients as a result of the new system: \$166 million a year for 10 years
- Projection of number of medical marijuana patients by 2024: Up to 450,000
- Sales projections for the new industry by 2024: \$1.3 billion a year

producer. A former Ontario correctional officer, Myrden is used to playing by the rules. "I don't want to break the law."

Others say they will have little choice if the Federal Court upholds the new system. THE CANADIAN PRESS

## Bill C-23. Poilievre says there's no need to panic over Fair Elections Act

The minister responsible for democratic reform says he's listening to the growing tide of outrage about the Harper government's controversial new electoral reform bill, but Pierre Poilievre would not commit to making changes.

Doing the circuit of political TV shows on Sunday, the junior minister continued to defend the overhaul and once again denied that he misquoted the author of a report the Conservatives have used to justify extraordinary measures in the legislation.

Poilievre said a House of Commons committee is only four days into hearings over

Bill C-23, known as the Fair Elections Act, and it's too early to determine whether there will be any amendments.

"We have over a month left," he told CTV.

Opposition to the bill has been almost universal, with political parties, academics and editorial writers criticizing most aspects of the legislation. Poilievre tried to take some sting out the arguments with a reassuring tone, but gave no hint of compromise.

"We'll keep listening to them, but I don't think there needs to be any panic," he said. THE CANADIAN PRESS



Pierre Poilievre THE CANADIAN PRESS

### Quebec

## PQ leader pushes values charter at 'secular brunch'

The Parti Quebecois is trying to turn attention toward its charter of values, with Leader Pauline Marois headlining a "secular brunch" Sunday, featuring supporters of the proposal.

Janette Bertrand, a well-known feminist and head of a pro-charter group, said accommodation of religious minorities threatens to erode the equality between men and women.

THE CANADIAN PRESS

### Newfoundland

## Frozen embrace to mark anniversary of sealing disaster

In 1914, Reuben Crewe and his son set out on the SS Newfoundland, and were later found frozen, the boy's head tucked against his father as they died in a storm.

Their embrace will be depicted in a bronze sculpture as part of ceremonies Monday marking 100 years since the disaster.

THE CANADIAN PRESS

### P.E.I.

## Residents urged to come together after deadly fire

Residents of a Prince Edward Island town were told Sunday to support one another following the deaths of three young people whose bodies were found inside an abandoned building in Charlottetown after a fire Saturday morning.

Rev. Gerard Chaisson said he told parishioners Sunday about the need to come together during such tragedy.

THE CANADIAN PRESS

### Parliament Hill

## Victims' rights bill expected in 'next few days'

A long-promised victims' bill of rights is about to be introduced in Parliament, driving a potential political lightning rod into the House of Commons.

Justice Minister Peter MacKay said Sunday he looks forward to delivering on the throne speech commitment "over the next few days."

THE CANADIAN PRESS



## Police occupy Rio slum ahead of World Cup

A couple walks past a navy armoured vehicle during an operation to occupy the Mare slum complex in Rio de Janeiro on Sunday. More than 1,400 police officers and Brazilian Marines rolled into the area near Rio's international airport before dawn Sunday in the latest security push ahead of this year's World Cup. Not a shot was fired as the Mare complex became the latest impoverished area to see security forces move in and try to push out heavily armed drug gangs that have ruled Rio's shantytowns for decades. To see a photo gallery, scan the image above using the Metro AR feature on the Metro mobile app.

LEO CORREA/THE ASSOCIATED PRESS

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FERNANDO CARNEIRO  
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### Watch the Video

Sister Cristina Scuccia belting out an Alicia Keys hit song will come to life on your screen. As you move the paper, the video stays put. For a stand-alone experience, close the paper — and pump up the volume.



YOUTUBE

# Peacekeepers kill civilians in Central African Republic

## Reprisal fears.

A spokesman for peacekeeping soldiers said their actions were a 'legitimate defence' following an attack

Chadian peacekeeping soldiers opened fire on civilians in Central African Republic's strife-torn capital city Bangui over the weekend, killing more than 30 and sparking fears of reprisal attacks, officials and witnesses said.

Jean-Pierre Sadou, a gendarmerie official with the regional peacekeeping mission, could not confirm the death tolls provided by local officials. But he did say the soldiers' actions were a "legitimate defence" after the attack on their convoy.

The soldiers were re-

### Tit-for-tat atrocities

Central African Republic, long one of the world's poorest countries, descended into chaos one year ago when an alliance of mostly Muslim rebel groups in the country's north overthrew President Francois Bozize.

- The rule of the rebel coalition was marked by atrocities, including tying together victims and throwing them off bridges into rivers to be eaten by crocodiles.

turning from a mission in the country's interior on Saturday when two of their vehicles were attacked by grenades, said Sadou. In response, the soldiers forced their way past a roadblock erected by French soldiers

in Bangui's PK12 neighbourhood and started shooting on the crowd, witnesses said.

More than 20 people were killed in the PK12 neighbourhood alone, said Odette Dombolo, a commune mayor.

"We continue to collect the bodies," Dombolo said Sunday. "There are more than 100 injured, and I mean seriously. We are overwhelmed."

The same soldiers killed four people in the Gobongo neighbourhood, local official Jean Claude Yamodo said, and witnesses said eight more were killed near the airport.

Michel Djotodia, the rebel-leader-turned-president, stepped down in January amid mounting pressure.

Since then, the country's Muslim minority has been targeted in retaliatory violence at the hands of a Christian militia. Tens of thousands of Muslims have fled to Chad. **THE ASSOCIATED PRESS**



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# More players in exchange-traded fund game a win for consumers



**HOW TO ROLL**  
Alison Griffiths  
metronews.ca

When a business Goliath starts feeling vulnerable, what happens? Out comes the chainsaw! Canada's largest exchange-traded fund (ETF) provider, BlackRock Asset Management Canada, a.k.a. iShares Canada, has just slashed management fees on nine of its funds.

This is excellent news for those who invest passively. Passive or index investing using exchange-traded funds (ETFs) has long been proven to be a winning strategy for retail (i.e., you and me) investors.

ETFs simply track or mimic an index such as the S&P/TSX Composite. The fees are extremely low compared to mutual funds.

Not long ago, there was just a handful of ETFs in Canada. Today there are nearly 300. While the plethora of ETFs has produced a more

confusing landscape for investors, there is now far more choice. Though the iShares behemoth still dominates with nearly 66 per cent of the market, its share is down from almost 72 per cent a year ago.

In response to ETF competitors, iShares is chopping fees. The biggest beneficiary is the iShares S&P/TSX Capped Composite Index (XIC) with an 80 per cent decline from 0.25 per cent to 0.05 per cent. The popular hedged and non-hedged U.S. ETFs that track the S&P 500 Index, XSP and XUS, have dropped from 0.22 and 0.14 per cent to 0.10 per cent each.

In contrast, the fee range for a Canadian mutual fund holding larger U.S. or Canadian companies is between about 1.9 and 2.6 per cent.

Fees have a huge impact on your bottom line. Let's say you have \$50,000 in an RRSP with a 2.2 per cent annual management fee (MER).

At a return of five per cent over 15 years with no new



A buffet of exchange-traded funds for Canadians to choose from means keeping more money in your pocket. iSTOCK

contributions, you will have \$74,455 after paying \$21,000 in fees. The opportunity cost, or the money you lose by not

having the fees working for you, is \$8,492.

Contrast this to an ETF with an MER of only 0.10

per cent. The total return is \$102,398 and only \$1,124 has gone to fees. The opportunity cost is just \$424.

## Canadian connection

Some top Canadian ETF providers include:

- **BMO Asset Management:** [www.etsf.bmo.com](http://www.etsf.bmo.com)
- **First Asset:** [www.first-trustetfs.ca/etfs](http://www.first-trustetfs.ca/etfs)
- **Horizons Exchange Traded Funds:** [www.horizonsetfs.com](http://www.horizonsetfs.com)
- **Invesco Limited (PowerShares):** [www.invesco.ca](http://www.invesco.ca)
- **iShares by BlackRock:** [ca.ishares.com/home.htm](http://ca.ishares.com/home.htm)
- **RBC Global Asset Management:** [funds.rbcgam.com/etfs/](http://funds.rbcgam.com/etfs/)
- **Vanguard Group:** [www.vanguardcanada.ca](http://www.vanguardcanada.ca)

ETF fees are already low, but iShares' move means more money in the pockets of index investors.

# Legal pot producers grow high expectations

From the outside, there's little to distinguish Medjean Distribution Inc.'s headquarters from the unremarkable office complexes and warehouses that surround it in a sprawling slice of industrial suburbia near Vancouver.

Inside, however, the picture is unlike anything else around it. The company is putting the finishing touches on a massive hydroponic operation as it joins a lucrative new industry made possible by Health Canada's overhaul of the country's medical pot system.

One of the facility's growing

rooms is already home to dozens of maturing green plants of various strains, and it will soon house many more. The concrete vault is empty, but it will eventually be filled with dried marijuana ready to be shipped across the country.

In contrast to the stereotypical grow-ops of movies and TV newsreels — whether for medical use, the black market, or the uncomfortable place where those two worlds collide — the facility has a sterile laboratory feel, which is precisely the point.

"This is anything but a grow-op," says Anton Mattadeen, the

company's chief strategy officer, during a recent tour of the facility in Richmond, B.C.

"It is a clean-run, biopharmaceutical facility designed to produce the highest quality produce available. Whatever your views are based on the stigma (of marijuana), that's not us."

Mattadeen makes the same pitch other operators do: Medjean, he says, will be able to produce a wide variety of consistent, high-quality marijuana that simply wasn't available in the makeshift home grow-ops of the old system.

THE CANADIAN PRESS

## Rolling out new system

A recent Federal Court ruling injunction will allow patients to continue to grow under the old rules for now, but the commercial regime will still proceed as planned.

- Under the new system, patients send a form signed by their doctor to the commercial producers of their choice.



Marijuana plant strains are held in jars as a Medjean senior lab technician works at the medical marijuana facility in Richmond, B.C., recently. THE CANADIAN PRESS

## Smartphone wars

### Apple, Samsung call on courts again in patent battle

The fiercest rivalry in the world of smartphones is heading back to court this week in the heart of the Silicon Valley, with Apple and Samsung accusing each other, once again, of ripping

off designs and features.

The trial underscores a much larger concern about what is allowed to be patented.

"There's a widespread suspicion that lots of the kinds of software patents at issue are written in ways that cover more ground than what Apple or any other tech firm actually invented," Notre Dame law professor Mark McKenna said. THE ASSOCIATED PRESS

## Lac-Mégantic tragedy

### Regulator extends MMA Railway operating licence

The Canada Transportation Agency has extended the operating licence of the insolvent railway involved in last July's deadly explosion in Lac-Mégantic, Que., until June 1.

The regulator says it is satisfied Montreal, Maine and Atlantic Railway has adequate third party liability insurance coverage, including self-insurance, to operate until June.

The railway asked for the extension earlier this month, saying it was necessary to allow for continued service to the rail customers pending the completion of the sale and transfer to a new owner.

THE CANADIAN PRESS

## God on Cardia's side?

### Fraud plot foiled at Vatican bank

Two men toting a briefcase stuffed with false bond certificates purportedly worth trillions of euros tried to bluff their way into the exclusive Vatican bank in a foiled fraud plot, Italian police said Sunday.

Financial Guard police Lt.

Col. Davide Cardia said the would-be swindlers, who were wearing business suits, tried to convince Swiss Guards at a Vatican City gate earlier this month that "cardinals were expecting them."

Cardia told The Associated Press that the suspects — a middle-aged Dutchman and a U.S. citizen — were detained by Vatican authorities after rapid checks by officials.

THE ASSOCIATED PRESS

# VOTERS TRUMP IN ELECTION YEAR

It's probably impossible for city politicians to forget for longer than a few minutes at a time that they'll be re-applying for their jobs this fall. For the rest of us, reminders are everywhere.

The mayor filed his papers for re-election on Monday, and by Wednesday's city council meeting, the complement of staff following him around appeared to have multiplied, from the customary one to three.

He also woke up what had been a fairly dozy meeting with a strong intervention against a proposed student residence in Sandy Hill.

The nine-story, 180-unit building at Laurier and Friel had been green-lighted by city planning staff and approved by the planning committee, but council followed the mayor's lead and shot it down.

The developer is almost certain to appeal the decision to the Ontario Municipal Board. The gap between planning staff and elected representatives will likely be seen as a key weakness in the city's case. But any hearing will take place after the election.



URBAN COMPASS

**Steve Collins**

ottawa@metronews.ca

The planning committee report had noted a number of nearby buildings of equal or greater height in the neighbourhood, and the proximity of the Transitway (and future light rail) making the area a good candidate for intensification. As we've been told over and over again, you need people near mass transit to make it work.

But council's stated enthusiasm for packing 'em in near transit flagged in this particular locale.

"When you know that we're spending \$2.1 billion to bring light rail to the whole city and the Campus Stations is one of the more well-used ones, there's no longer the need for everyone who goes to Ottawa U to live within Sandy Hill," Watson said after the vote. "Those students can be dispersed to different parts of the city with Transitway right at their front door."

And there it is. Officially, council found the proposed residence didn't fit the neighbourhood's character, but it's difficult to separate this particular project from who would have been living

in it.

Sandy Hill has some very well-organized and vocal community associations, composed of residents who seem to associate the location of U of O student population primarily with disturbances of their sleep. More students mean more parties.

It's the only neighbourhood I'm aware of in which police engage in an annual round of demographic profiling every fall, making the rounds of student apartments to warn them that too much fun, too late and too loud, will result in fines.

An expansion of scarce housing near the university, in a city with a chronically tight apartment vacancy rate, would seem to be broadly in students' interest, and I'm not suggesting that Watson or the area's councillor, Mathieu Fleury, have it in for students. They don't.

But it's considered a phenomenal turnout if half of city voters cast a ballot (last time around it was 44 per cent) and over-booked, under-engaged students — like young people in general — are considered particularly unlikely to show up at the polls. Their noise-sensitive neighbours, particularly if they're riled up, will be there. In an election year, politicians must listen most closely to those who they consider likely to vote.

MetroTube

## On two legs, life's a beach

 **ANDREW FIFIELD**  
metronews.ca

Washington's Panda Paws Rescue does a lot of wonderful work rehabbing animals with serious medical needs that may otherwise go neglected.

They also happen to be home to Duncan Lou Who, a real-life boxer version of the Google Street View half-cat.

Duncan, who seems to love nothing more than a little beach romp paired with a touch of heart-melting tenacity, experiences the beach for the first time in this video. Visit [pandapawsrescue.org](http://pandapawsrescue.org).



The YouTube video of Duncan Lou Who has over 1 million views. YOUTUBE SCREENGRAB

METRO AUGMENTED REALITY

### SEE THE NEWS COME ALIVE...



This issue, you can find AR enhancements on page 6 in News, page 10 in Scene, page 13 in Life and page 18 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

ZOOM

## Riot-inspired art decorates Greece



DIMITRI MESSINIS/THE ASSOCIATED PRESS

### Graffiti proliferates with lax laws

Artwork by Indonesian-born street artist WD, inspired by a news photograph from recent riots in Istanbul, Turkey, is seen in central Athens. Anti-government demonstrations in Greece have inspired local street artists as the country struggles to emerge from a six-year recession. The inscription on the wall is a quote from Argentine revolutionary Ernesto (Che) Guevara.

Greece has attracted international street artists to its capital, due to the availability of commissioned work and relatively lax anti-graffiti law.

metronews

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# 2 SCENE

# Serena Ryder, Tegan and Sara win big at Junos

**Music awards.** Ryder thanks mom and dad for paying the bills while she wrote and recorded in her bedroom

Tegan and Sara's propulsive hit *Closer* has won the Juno Award for single of the year.

The Calgary-reared twins beat out a field that included Arcade Fire's shimmering disco exercise *Reflektor*, East Coast rapper Classified's jaunty *Inner Ninja* and Michael Buble's swinging *It's a Beautiful Day* to claim the prize. It was the pair's second career Juno after they won pop album of the year at a Saturday ceremony.

Co-hosts Serena Ryder and Classified kicked off the show with a medley of Ryder's indie-pop gem *What I Wouldn't Do*, which was also

nominated for single of the year, and his *Three Foot Tall*.

The night before, Ryder picked up the artist of the year award.

"Wow, thank you ... this is great — I wanted to hug so many people and I was like, 'I gotta run,'" said visibly flustered Millbrook, Ont., native Ryder, who swore repeatedly as she tried to compose herself Saturday. "This is an amazing, amazing award. My mind is going blank. Look at all the amazing artists I was with."

"Stand up, mom and dad," she said, pointing to her parents as they rose.

"They've been so supportive of me for so long and they had the real jobs in the family ... and they let me stay at home while I wrote and recorded in my bedroom."

Due to Metro's deadline, a full list of winners was not available by print time. For a complete list, visit [metronews.ca](http://metronews.ca).

## And the winner is ...

A partial list of early winners at the 43rd Juno Awards::

- **Artist of the year.** Serena Ryder
- **Country album of the year.** Dean Brody, *Crop Circles*
- **Rap recording of the year.** Drake, *Nothing Was the Same*
- **Pop album of the year.** Tegan and Sara, *Heartthrob*
- **Rock album of the year.** Matt

Mays, *Coyote*

- **Breakthrough artist of the year.** Brett Kissel
- **Adult alternative album of the year.** Ron Sexsmith, *Forever Endeavour*
- **Alternative album of the year.** Arcade Fire, *Reflektor*
- **Dance recording of the year.** Armin van Buuren & Trevor Guthrie, *This Is What It Feels Like*



**Serena Ryder arrives at the 43rd Juno awards. Not only did the singer-songwriter pick up an early Juno for artist of the year, she also co-hosted the awards show with rapper Classified and country artist Johnny Reid. THE CANADIAN PRESS**



**Tegan and Sarah celebrate their Juno Award for pop album of the year.**

JOHN WOODS/THE CANADIAN PRESS

- **Electronic album of the year.** Ryan Hemsworth, *Guilt Trips*
- **Metal/hard music album of the year.** Protest the Hero, *Volition*
- **Reggae recording of the year.** Exco Levi & Kabaka Pyramid, *Strive*

Due to the late start time of the awards show this year, the complete list of winners was not available by press time. For a full list and more coverage, visit [metronews.ca](http://metronews.ca).



## Resting up

**Thicke a no-show**

Robin Thicke pulled out of the Juno Awards.

The Blurred Lines singer said he cancelled his performance because he'd been placed on mandatory vocal rest. **THE CANADIAN PRESS**



## Couple strike the right chord ... Kreviazuk and Maida working on album

Musical husband-and-wife team Chantal Kreviazuk and Raine Maida are working on an album together. The pair spilled the news to Metro Winnipeg on Friday before Sunday's JUNO Awards Broadcast, where they received the Allan Waters Humanitarian Award for their charity work.

Kreviazuk said she and Maida, frontman for Our Lady Peace, have been performing

together for charity fundraisers and other events for the past few years and an album is the next step. She had no details on when it would be released, and only laughed when asked about Canada's other power music couple who have also recorded songs together — the entity known as Chvrle.

"I have no idea what you're talking about," she deadpanned. **METRO**



**Allan Waters Humanitarian Award Recipients Chantal Kreviazuk and Raine Maida are seen holding a Juno Award during the Juno Gala in Winnipeg on Saturday.** JONATHAN HAYWARD/THE CANADIAN PRESS

# Long's characters explore his past

## Art imitates life.

Brooklyn, Bloomington, Berkeley, Bakersfield... Dustin Long's novel retraces his old haunts

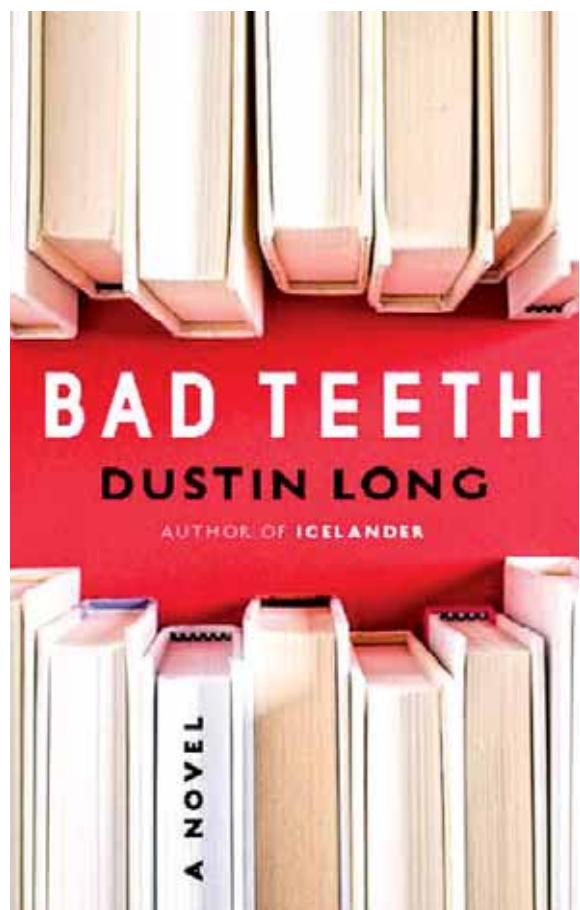
EMILY LAURENCE

Metro World News in New York City

Anyone can appreciate the alliteration of the four cities in *Bad Teeth* — Brooklyn, Bloomington, Berkeley and Bakersfield — but only true literary minds will notice that they are in reverse alphabetical order.

Dustin Long's latest release is full of these winks at prose, which fans of his first novel, *Icelander*, will recognize.

The book features four different interlocking narratives with characters living in the four cities named above, each on his or her own personal journey. A translator named Judas ties the characters together as he travels from city to city searching for a reclusive writer, referred to as the Tibetan David Foster Wallace.



In Brooklyn, he develops a crush on the lovely Selah. In Bloomington, he stays with his friend Adam, a hedonistic, frustrated writer. The Berkeley section centres around Selah and her shady new boyfriend, and she eventually heads to meet Judas in Bakersfield.

"Not only are the cities in reverse alphabetical order, but they are in reverse chronological order from where I've lived," Long says.

"Before writing *Bad Teeth*, I was working on a book that took place in 17th century China, something I knew nothing about. Even with *Icelander*, I've never lived anywhere with snow, really. I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about first-hand."

Another difference between Long's past works and this one is it's a bit less cerebral and more attention is paid to character development.

"Focusing on the emotional lives of modern characters in a very realistic way was a challenge for me. Part of the reason why I chose to try that was to stretch myself," Long

says.

Long actually had a gem of an idea of what *Bad Teeth* would become when he was an undergraduate. He wrote what he calls a terrible novel, that was divided into geographical sections and had a similar quest narrative that *Bad Teeth* would come to have.

"Having gone through a similar process helped me have the narrative in mind before I even thought of the plot," he says.

It sounds as if Long himself went on his own academic journey through the four cities, and evolved both professionally and personally. There's nothing bad about that at all.

## Quoted

**"I knew I wanted to write a book that took place in modern day and only in places I have lived and knew about first-hand."**

Dustin Long, author of *Bad Teeth*



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Gwyneth Paltrow and Chris Martin ALL PHOTOS GETTY IMAGES

## Too-cool-for-Coldplay Gwynnie won't be missed by boys in the band

Regardless of whether it was Gwyneth Paltrow or Chris Martin who decided to go ahead with the couple's "conscious uncoupling," Martin's bandmates in Coldplay are reportedly relieved, having likened Paltrow to Yoko Ono, according to Radar Online. "The members of Coldplay loathed Gwyneth. (She) never made any attempt to bond with Chris's band members, who also happen to be his best friends," a source says. "In particular, guitarist Jonny Buckland and his wife Chloe had hoped to become closer couples friends with Gwyneth and Chris after they had their own two children, but

it never happened. Gwyneth just couldn't be bothered because she would rather hang out with her other famous London friends. It was clear that Gwyneth viewed Chris's life with the band as completely separate from her world." But despite that lack of interest, Paltrow still reportedly took issue with "Chris going on tour with the band so much," the source adds. "She always made him feel guilty and said she was stuck at home with the kids while Chris was off seeing the world. But this is his job. Gwyneth knew she was marrying a rock star, and what did she expect him to do?"



Selena Gomez

## Selena subpoenaed? You'd better Belieb it

Selena Gomez was just making a normal trip to a convenience store in L.A. recently when she was served with a summons to testify in on-again, off-again boyfriend Justin Bieber's legal dispute with a photographer, according to Us Weekly. Gomez will now have to face questions under oath about a May 2012 incident in which Bieber allegedly kicked paparazzo Jose Duran in the stomach at a shopping mall in Calabasas, Calif.

Reports state that Bieber and Gomez left the scene before police arrived. Bieber himself was deposed for a different lawsuit — brought by a different photographer who claims the Canadian pop star assaulted him — earlier this month, though Bieber got belligerent when the line of questioning switched focus to Gomez. "Don't ask me about her again," he repeatedly demanded. Gomez is expected to be subpoenaed in that case as well.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



### Singer earns RiRi-spect of fashion world

STARGAZING  
Malene Arpe  
scene@metronews.ca

Rihanna will receive the prestigious CFDA Fashion Icon award. I'm assuming that stands for Chick Finds Drake Adorable.

Angelina Jolie teams up with Stella McCartney for a special Maleficent-themed kids' collection. Unfortunately for all the sweet little tykes out there wanting one of the fun costumes, the collection was completely sold out when Angelina was done shopping for her own children.

A Kanye West photo from a Vogue story shows him as having no mirror reflection. There are a num-

ber of reasonable explanations: 1) He is probably a vampire. 2) Someone went too far with the Photoshop. 3) He is a vampire. 4) He is clearly a vampire.

Jennifer Aniston says tabloids are "toxic." She explains: "Every time I get lonely because I'm old and childless and hug the magazines for comfort, I get a rash."

Lady Gaga says she's not in charge at home as "it's not good for relationships to tell men what to do." Your suggestion about pickled pigs feet and feathers didn't go over well, did it?

There's a very good chance The Backstreet Boys and The Spice Girls could soon be touring together. I've never been happier that I kept my parachute pants and my Union Jack halter top. #onlyslightlymotheaten.



Elton John and David Furnish

## New U.K. law gives Elton wedding to tackle, but it won't be a flash affair

With gay marriage now legal and in effect across the U.K., Elton John and David Furnish are planning to make their relationship extra-official with a wedding in May, according to the Daily Mail. John and Furnish had a civil union ceremony when they became legal in

the U.K. in 2005 and have two children together. But the upcoming wedding apparently won't be a very flashy affair. "I think what we'll do is go to a registry office in England in May and take the boys with us and a couple of witnesses," Furnish says.

## Virtual Winehouse world tour rings hologram, Amy's dad says

Amy Winehouse may rise again to embark on a world tour — as a hologram.

Billionaire Alki David says he's planning to utilize the same technology that led to an appearance by a virtual Tupac Shakur at Coachella in 2012 to keep Winehouse's career going. "With an orchestra and her hologram, she can take the stage and fans can see her perform her legendary hits," David tells the Sun. While initial reports suggested that Winehouse's father, Mitch Winehouse, is on board with the plan, he apparently isn't.



"No truth in the hologram story. Utter rubbish as usual," Mitch posted to Twitter this weekend.

Twitter



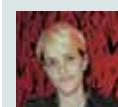
@JimCarrey

This is a fun dream. Too bad we have sleep through most of it.



@mindykaling

follow my godson's cool young nanny on Instagram for up-to-date photos but when she posts photos about her life I feel like a pervert



@samantharonson

Either someone left their phone at my house today or this burglar is doing it all wrong.



# Brown bag it, get your fill of savings

**Think inside the lunch box.** A packed meal is a steal compared to eating out every day



GAIL  
VAZ-OXLADE  
Gail blogs daily at  
gailvazoxlade.com

Over and over I meet families who are spending thousands of dollars a year eating out. And over and over I challenge them to give up buying lunches and coffees and substitute food made at home. It's often a hard sell. I'm not sure why, since I love my own cooking much more than the food I can buy in a fast-food joint — though there are times when I have a hankering for something I don't make particularly well. But, on a day-to-day basis, my food is way better than what one of my fams referred to as "outside" food.

On one episode of *Til Debt Do Us Part*, I handed a gal a lunch box with my face on it and told her to use it. While her hubby was the primary cook in the family and would often make her lunch, she'd leave it behind. She didn't want to give up eating out with her co-workers, so she'd end up spending between \$8 and \$12 a day on food at work. Hello! \$12 a day, multiplied by 5 days a week, multiplied by 50 weeks a year equals \$3,000 a year. That's right, THREE THOUSAND DOLLARS. (And those are after-tax dollars!)



Pack your own lunch for a healthier bank balance. iSTOCK

**Lunch out packs a punch**  
**\$3,000**

Spending \$12 a day on food at work, multiplied by 5 days a week, multiplied by 50 weeks a year equals \$3,000 a year.

Creating a lunch for work does take some time and planning. The first thing out of most people's mouths is, "I don't have time in the mornings!" Really? Then get up earlier, lazy! Are you telling me it's not worth \$3,000 a year to you (in after-tax dollars) to get up 15 minutes earlier in the morning? Give your head a shake.

One of our household's favourite salads is lettuce, red pepper, watermelon and feta cheese. No dressing needed because the watermelon is so juicy. Yum! You'd be hard-pressed to find a more healthy or delicious salad. And it's dead easy to pack ahead and eat on the go.

Then, of course, there's always the sandwich. Loads of people hate the idea of sandwiches because they have a tendency to get soggy. Easy solution: Pack each ingredient separately and assemble it at lunchtime. Need to keep the ingredients cold? Freeze a juice box or half bottle of water to pack with your cold ingredients. You can do this

with homemade iced tea or iced coffee, too.

Salads and sandwiches are, of course, easy. But there are lots of people who want a hot lunch. It's easy if you have a microwave at work. But if you don't or are on the road, consider this marvellous invention called a Thermos. They're brilliant. Soups, fried rice, chili, lasagna, just about anything can go into one. You can make extra for dinner and pack the leftovers for your next day's lunch. To keep the food hot, preheat the Thermos by pouring boiling water in first for a few minutes, then dumping the water out and adding the reheated food.

Some people say they buy

lunch because they love the social aspect of eating out. Hey, I'm as social as the next guy. But being social and going broke is dumb. So pick one day of the week when you'll eat out with friends and give yourself something to look forward to. Maybe you'll choose Wednesday (hump day), or Friday to celebrate the end of the week. Whatever day you choose, lunching out once a week instead of five will cut your spending by 80 per cent.

Better yet, start a Lunch Club at work and pick one day a week when you each bring something to contribute to a group lunch. Or challenge each other to find the cheapest good food in your area, and take advantage of the lunch special. All-day breakfasts at \$2.99 can't be beat for value.

Be creative. The idea is to have a great life and save some money, at least until you're debt-free. Hey, if you don't owe nobody nuthin', then you can swallow your money to your heart's desire. But if you're in hock, or haven't been saving two red cents for the future, then you owe it to yourself to use all the tricks at your disposal to make your money work as hard as you do.

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METRO CUSTOM PUBLISHING

## Claiming tuition credits and dependant parents

**Tax Talk**



**Need  
Advice?**

**Caroline Battista**  
Tax Analyst at H&R Block

**H&R BLOCK**

**Q** I have \$25,000 in tuition credits carried forward. Can I transfer it to my student loan?

**A** Sorry, but the carry forward does not work like that. Students are allowed to carry forward tuition and education credits they can't use until they have enough income to claim them. Tuition and education credits are what we call non-refundable, meaning they cannot create a tax refund by themselves. You have to claim them against income tax you paid during the year in order to use them. Non-refundable credits also have to be multiplied by 15% before you claim them. So your \$25,000 in credits will mean \$3,750 in tax savings. You can certainly apply your tax savings to your student loan as a lump sum once you get your tax refund, but there is no way to do a direct transfer.

**Q** My elderly parents live with me. Can I claim them as dependants?

**A** Maybe. It depends on their age and their income. But if they are older than 65 and have low income, you may be able to claim the \$4,490 caregiver amount which means about \$673 in tax savings. If they are infirm, this is boosted to \$6,530 by the family caregiver amount. And depending on their health, you may also want to explore the Disability Tax Credit if either of them qualifies. If they can't use all of the credit, they could transfer it to you.

Visit [hrblock.ca](#) for a location near you

# They work hard for the money

**Pros and cons of quick cash.** Their jobs can be rough, dirty, gruelling and lonely, but when the money needs to be made, hard labourers can reap rewards quickly

DAVID SINGH  
Metro World News

Chris Zayonce was still relatively new to the oil sands when he came inches away from a silent killer.

Working on an oil rig in Smoky Lake, Alta., Zayonce and his colleagues encountered a pocket of poisonous H2S gas emitting from the ground. The monitor he was wearing on his overalls immediately began to ring — at which point he dashed away from the area. One whiff of the odourless gas would have killed him.

But his work day didn't end there. He and his co-workers were expected to throw on a special suit, mask and oxygen tank so they could get right back to work.

"It was probably one of the freakiest experiences of my life," said Zayonce, 31. "Knowing that you have to



Ready to pack up and move away from home for work? Ng says many employers use agencies that handle recruitment, which can easily be found online.  
ISTOCK

go back out and deal with this, but knowing at the same time it can kill you — it was very nerve-wracking."

But such was life for Zayonce at the time. The Surrey, B.C., native spent several years working in the Alberta oil sands. He didn't have any experience, so his

job duties were often dangerous and always involved "non-stop physical labour."

Ask why he subjected himself to this, and the answer is simple.

"Money," said Zayonce. "If you go there and do it properly, the paycheques are big. You can go as an un-

skilled labourer, walk into a job and make \$120,000 a year if you're willing to work for it."

When he was on the oil rigs, Zayonce earned \$90,000 in just seven months. Then, when he worked on the pipelines, he made well over \$100,000 per year.

"But you have to think of the hours I put in," he noted. "(On the pipelines) I worked six days a week, 10-plus hours a day, 52 weeks of the year."

Zayonce's situation is mirrored by many across Canada. According to Ed Ng, an associate professor who teaches human resource management at Dalhousie University, there are several

industries that open their doors to unskilled workers willing to move abroad and put in serious labour.

"Agriculture is a major one, food services and domestic help are also desperate for workers," Ng said, adding that there are openings available for unskilled construction workers, fruit pickers, cooks, fast-food employees, cleaners and babysitters.

Many such positions become available in "boom towns," which see their economy boosted by successful industries, like oil and gas in Alberta, for example. But there's the catch.

"Most of the jobs in these industries have undesir-

able working conditions, such as exposure to hot and cold weather, undesirable locations, unpleasant work environments, and also require hard physical labour," said Ng.

Zayonce, for his part, believes there's more to it than just quick money — in some cases, moving abroad can help boost one's career. He's now back in B.C. and is doing very well with his infrastructure work.

"You can set yourself up for a good career. You can go and advance yourself so by the time you're 30, you can be the boss who runs the jobs, where you're not in the fields with all the risk anymore."

## Women in the workforce

Ng says it may be difficult for women trying to get jobs as physical labourers.

- "Manual labour tends to be blue-collar work where men are generally preferred over women because of the physical requirement," he said. "Some women self-select themselves out of certain (areas), like unskilled construction and agriculture, but prefer others, such as nannies or food services."

## Oilsands dropouts

### 70%

Zayonce says the success rate of people who last in Alberta's oil sands is quite low. He recalls his company giving its employees the figures on one occasion. "The majority of people who go out there don't make it," he said. "We're talking 70 per cent drop out and go back home."

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# Forget the career centre, 'cause this one's on you



All signs will point to yes if you accept that the future is in your hands. ISTOCK

**Employment initiative.** Tough economic times call for an attitude of independence

DAN SCHAWBEL  
Metro World News

Gone are the days that students could rely on their college career centres to prepare them for the real world — now students have to launch themselves into the work world. Students have to be accountable for their careers and seek out events, alumni and opportunities on their own. In a new study by my company and Internmatch.com, we found that almost 50 per cent of students aren't using their career centres and 64 per cent are turning to online resources instead. The average ratio of students to career service professionals is 1,889 to 1 and we found that almost a third of students in our study say that centres don't have enough staff to support students.

What's most alarming is that 61 per cent say career centres are either never or rarely effective in helping them land a job. Clearly, students have to take matters into their own hands! Here are five tips for students:

## Be proactive and attend as many career-oriented college events as possible.

If your school is bringing in a guest speaker, or hosting a roundtable with alumni, you should attend. The worst outcome from going to an event like that is learning more about their industry, and the best is making a new connection that could lead to employment.

## Get your career service centre to introduce you to alumni in your field.

The most important asset that career centres have that they don't use nearly enough is their alumni database. Instead of just going into a meeting with your career counsellor to discuss your résumé and cover letter, ask for introductions to alumni that are employed at companies you're interested in. That connection is way more important than your résumé format!

## Use free or paid online platforms to educate yourself and stay ahead of the curve.

Don't rely on your career centre as the single place where you learn job skills. Instead, turn to online resources. Based on your profession and industry, you

can learn vital skills that will translate into new opportunities for you.

## Do internships and freelance gigs until you find right career path.

Students are almost always clueless as to which career path to pursue, even after selecting a college major. In order to figure things out, you have to have as many experiences as possible so you understand the types of roles you like and don't like. By doing this, you realize the profession you want to be in, the size of company you want to work for and the culture you thrive in.

## Disconnect from technology and meet people face to face to build your soft skills.

In a past survey, we found that 40 per cent of students feel like technology has hurt their soft skills, such as the ability to interact and build relationships face to face. Make sure you are disconnecting from technology every day so you can form human connections that can lead to jobs.

DAN SCHAWBEL IS A WORKPLACE EXPERT, KEYNOTE SPEAKER, AND AUTHOR OF THE NEW YORK TIMES BEST-SELLING BOOK, PROMOTE YOURSELF: THE NEW RULES FOR CAREER SUCCESS.

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# A healthy and kid-friendly fave

## Chicken Fingers

**Parmesan.** An update on a classic, this dish will have the whole family begging for seconds



ROSE REISMAN  
For more, visit  
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@rosereisman

## FLASH FOOD

 From your fridge  
to your table in  
30 minutes or less

We've all enjoyed the traditional chicken Parmesan, but let's adapt this into a great family meal, perfect for the kids.

Voilà, chicken fingers Parmesan! So easy to prepare.

The nutritional difference here is that the chicken fingers are baked,

### Ingredients

- 1 egg
- 1 tbsp water (or low-fat milk)
- 3/4 cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 lb skinless boneless chicken breasts (about 4 breasts cut into 16 strips)
- 1 1/2 cup tomato sauce (homemade or store bought)
- 3/4 cup shredded mozzarella cheese
- 2 tbsp chopped fresh basil or parsley



COOKING TIME  
25 MINUTES

This recipe serves four. ROSE REISMAN

not fried, saving you three times the calories — not to mention the fat!

My baked version is flavourful due to the Parmesan bread-crumb coating and the low-fat tomato sauce, which keeps the tenders moist.

You could also try this with turkey breast or white

fish fillets! If you don't want to make your own tomato sauce, use your favourite brand. Commercial tomato sauce is a great low-fat addition to any meal, but read the nutrition label for added sugar.

### Directions

1. Preheat the oven to 400°F.

Lightly coat an 8-inch square baking dish with cooking spray.

2. In a bowl, mix the egg and water. In another bowl, combine the bread crumbs and Parmesan cheese.

3. Dip the chicken fingers in the egg mixture, then the

bread crumb mixture.

4. Lightly coat a large, nonstick skillet with cooking spray and place over medium-high heat. Add oil and sauté the chicken fingers for 5 minutes per side or just until cooked.

5. Add half the tomato sauce

to the baking dish. Place the chicken fingers over the sauce, then pour the remaining tomato sauce over the chicken and sprinkle with the mozzarella cheese. Bake for 5 minutes or until the cheese has melted. Garnish with the basil or parsley.

THE BEST OF ROSE REISMAN (WHITE-CAP BOOKS) BY ROSE REISMAN

## Make a great mini mac 'n' cheese app

Here's a great way to put some pizzazz in a mac and cheese classic. Individual mini meals are the trend today, so I decided to pack this staple dish into won ton shells and serve them as a savoury appetizer.

1. Preheat oven to 425°F. Light-

ly coat 12-cup muffin tin with cooking spray.

2. Whisk flour, stock and milk in a saucepan until smooth. Place over medium heat and cook, whisking constantly, 3 minutes or until the mixture is hot and thickened. Stir in

3/4 cup cheddar and Parmesan cheeses and mustard. Cook until cheese melts, about 1 minute. Remove from heat.

3. Meanwhile, bring pot of water to boil. Add macaroni for 8 to 10 minutes, until tender but still firm. Drain well

and place in mixing bowl. Add cheese sauce and chicken. Toss to combine.

4. Line each muffin cup with two won ton papers, overlapping so ends come out over edge of pan. Fill each cup with 1/3 cup macaroni mixture.

5. Topping: combine bread crumbs, Parmesan and oil in small bowl. Sprinkle evenly over macaroni and top with remaining 1/4 cup cheddar cheese.

6. Bake in centre of preheated oven for 15 minutes or until filling is hot and won ton shells are brown. Garnish with the parsley and serve.

ROSE REISMAN

### Ingredients

- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 3/4 cup shredded aged light cheddar cheese
- 3 tbsp grated Parmesan cheese
- 1/2 tsp Dijon mustard
- 1 3/4 cups elbow whole wheat macaroni
- 3/4 cup diced cooked chicken
- 24 won ton papers

Topping:

- 1/4 cup seasoned dry bread crumbs
- 1 tbsp grated Parmesan cheese
- 2 tsp olive oil
- 1/4 cup shredded aged light cheddar cheese
- 3 tbsp chopped parsley



This recipe serves six (two per person). ROSE REISMAN



# The best of the best

## BEST NEW PRODUCT AWARD WINNERS CHOSEN



Love to try new products but not sure which ones you'll be happy with?

The 2014 Best New Product Awards can help you there – and then some.

Now in its 11th year, Canada's largest consumer-packaged awards program puts the spotlight on the best new food, beverage, beauty, health and household products in stores. But what's most significant is that the judges are all regular consumers across Canada.

More than 90,000 Canadians participated in this year's study to choose 88 winning products from almost 300 new product innovations that made it onto the final survey list after an exhaustive search for the most promising new products launched in Canada.

"Most of us like to know which products are recommended by the people who have tried them – and these awards let you know what thousands of real Canadian consumers think," said Robert Levy, president and CEO of BrandSpark International, which is the independent market research firm that developed the awards. "In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval," he said.

*"In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval."*

— Robert Levy,  
president and CEO of  
BrandSpark International

When shoppers purchase a Best New Product Award winner it means that they're buying a product that has been tried and endorsed by thousands of Canadians just like them," said Levy.

The winning products are being promoted by Best New Products Awards partners including Metro News, Canadian Living and Walmart. Select winners will be identified in Walmart stores with shelf signage.

Visit [bestnewproducts.ca](http://bestnewproducts.ca) for more information.

Select winners available at Walmart

# It's full steam ahead for a new kind of frozen entrée



If you shop the frozen meal aisle at the supermarket, you may be familiar with VH® Steamers™. If you've tried any of these exotic entrées, your taste buds aren't likely to forget the experience any time soon. That's because VH Steamers take frozen dinners to a refreshing new level.

### NOT YOUR TYPICAL TV TRAY DINNERS

What sets VH Steamers apart from the many other meals you find in your store's freezer aisle? For starters, they come in a wide range of Asian-inspired mouth-watering dishes containing tender meats and crisp vegetables. With 10 great varieties, there's definitely a dish for everyone.

But it's not only the choice of wonderful dishes that makes VH Steamers in a class of their own. It's also their unique DuoTray Steamcooker™ technology. Through the power of the DuoTray Steamcooker, food is steam-cooked in its own juices, locking in flavour and preserving the texture of the meal. The technology consists of two components — the Steamer Basket and the Sauce Bowl.

The Steamer Basket holds the vegetables, proteins and pasta. The Sauce Bowl, which contains the sauce and some spices, rests beneath the basket. With a little help from

your trusty microwave, steam forms from the sauce, which then cooks the meal in the basket. Once heating is completed, you simply add the contents of the Steamer Basket to the sauce. You can also place steamed food on plate and top it with the amount of sauce you desire. A little or a lot — it's completely up to you.

### WHERE IT ALL STARTED

VH has a very unique heritage and story that started in the 1950s with one man's quest to find something more inspiring than the usual North American fare people were accustomed to eating. The man was Vincent Harrison. While on his travels through Asia, Harrison discovered exotic and inspiring tastes he wanted to take home to Canada. His passion was to bring these remarkable flavours and share with Canadians in an approachable way. And so VH was born.

"Today, VH is all about inspiring people to try something new and exciting, with its distinct and flavourful meals," says Paulina Lo, assistant brand manager, VH Steamers. "It's a tradition that began with Vincent Harrison, and it's a tradition we're proud to carry on in every recipe we create."

To learn more about VH Steamers, visit [vhcanada.ca](http://vhcanada.ca).



"I love that everything tastes and looks so fresh. I also love that I control the amount of sauce that I use."

- SUSAN W

# Huskies proving to be title 'predators'



Shabazz Napier cuts down the mesh after his UConn Huskies beat the Michigan State Spartans on Sunday night at Madison Square Garden. ELSA/GETTY IMAGES

## It's over for Izzo



**"We got what we deserved today.... You got to bring it every second. And today Connecticut did, and we just kind of weren't as good as we have been."**

Michigan State coach Tom Izzo

**NCAA basketball.** After win over Spartans, UConn coach Ollie now 4-0 in March Madness

Shabazz Napier owed UConn. He could have transferred when academic sanctions barred the Huskies from the NCAA tournament his junior season. But the guard wanted to pay back the school for the joy of a national title his freshman year, for his struggles as a sophomore.

Napier sure did that Sunday, carrying UConn back to the Final Four in front of thousands of roaring Huskies fans at Madison Square Garden. He scored 17 of his 25 points in the second half in a 60-54 upset of fourth-seeded Michigan State.

The East Regional's most outstanding player hit three huge free throws with 30.6 seconds left, making clutch shot after clutch shot just as Kemba Walker did when Napier was a freshman. The Huskies (30-8) rallied from a nine-point second-half deficit to become the first No. 7 seed to reach the Final Four since the tournament expanded to 64 teams in 1985.

"His will to win — you could just see it," said Gary Harris, who led Michigan State with 22 points. "He wasn't going to let his team lose."

The Spartans' seniors became the first four-year players recruited by Tom Izzo to fail to make a Final Four.

"As the game got closer and closer to ending, it was on my mind a lot, every huddle."



Louisville's Mangok Mathiang tries to make the T-shirt jersey work during the Cardinals' game against Saint Louis Billikens on March 22 in Orlando. GETTY IMAGES

said big man Adreian Payne, who had 13 points and nine rebounds but was repeatedly pushed to the perimeter by UConn's defenders.

The undersized Huskies matched Michigan State's physical play box-out for box-out, holding the Spartans (29-9) to just six offensive rebounds and six points in the paint.

"We're physical, too," said second-year coach Kevin Ollie, who is now 4-0 in the NCAA tournament. "Don't get it mixed up. We are predators out there."

They face Florida in the national semifinals Saturday, and they'll be confident they can beat the No. 1 overall seed. The Gators have won 30 straight, but their last loss was to UConn, 65-64 on Dec. 2.

Wisconsin (2) faces Kentucky (8) in the other semifinal.

THE ASSOCIATED PRESS

## Golf

### Bowditch blessed with win in Texas

Steven Bowditch held on to win the windy Texas Open Sunday for his first PGA Tour win and a spot in the Masters. The 30-year-old bogeyed the par-5 18th for a 4-over 76 — the highest score by a winner since Vijay Singh had a 4-over 76 in the 2004.

THE ASSOCIATED PRESS

## Premier League

### Liverpool in pole position in England

After a 24-year wait, the English league title could be on its way back to Liverpool.

A 4-0 win over Tottenham on Sunday saw Liverpool overtake Chelsea and become the new Premier League leader in a close fight for the title.

THE ASSOCIATED PRESS

## Formula One

### Mercedes gets 1-2 win for the ages

Lewis Hamilton beat Mercedes teammate Nico Rosberg by 17.3 seconds at the Malaysia Grand Prix, with defending world champion Sebastian Vettel of Red Bull third on Sunday. It was the first one-two by the Mercedes factory team since 1955.

THE ASSOCIATED PRESS



Lewis Hamilton GETTY IMAGES

# Sens' MacLean still 'dreaming' of playoffs

There is still some life in the Ottawa Senators.

Milan Michalek and Kyle Turris scored twice Sunday as the Senators defeated the Calgary Flames 6-3, giving Ottawa seven points in its past four games.

The win moves the Sens to within six points of the Columbus Blue Jackets and the second wild-card berth in the East with eight games left.

"We'll have to continue to play hard in those games and I'll like where we'll be at the 82-game mark. I might be dream-

## On Sunday

6	3
Senators	Flames

ing but that's what I believe," Sens coach Paul MacLean said.

Clarke MacArthur scored on a tip in 13 minutes into the third period after Jared Cowen had given the Senators a 4-3

lead a little over a minute into the third period.

That third period helped the Sens keep their hopes alive.

"We were very pleased with how we played the third period, giving up six shots, and the way we put the game away was good," MacLean said.

Turris scored into an empty net and Robin Lehner made 37 saves allowing the Senators to win back-to-back games at home for the first time since they won three straight in December and early January.

THE CANADIAN PRESS



Kyle Turris scores the first of his two goals against the Calgary Flames' Karri Romo on Sunday night at Canadian Tire Centre. ADRIAN WYLD/THE CANADIAN PRESS

Horoscopes

**Aries**

March 21 - April 20

What some people say and what some people mean will be two entirely different things today. Because of that it's okay to be a bit suspicious, but most people are still honest.

**Taurus**

April 21 - May 21

You may be more robust than many but some people are ridiculously sensitive and you would be wise to keep that fact in mind today. Say nice things only, for now.

**Gemini**

May 22 - June 21

Think with your head, not with your heart. The most important thing as the new week begins is to avoid making the kind of silly mistakes that so many other people make.

**Cancer**

June 22 - July 23

If there is a creative or artistic project you have been struggling to finish the next four or five days will be critical. Either get it done or move on to something new.

**Leo**

July 24 - Aug. 23

Your dominant position will be challenged over the next few days and you will have to fight hard to retain your status. Anyone who thinks you will roll over does not know you well, which is in your favour.

**Virgo**

Aug. 24 - Sept. 23

You are advised to hold fire and not be too pushy over the next 24 hours. No matter how ambitious a Virgo you may be there is only so much you can do, so conserve your energy for when you most need it.

**Libra**

Sept. 24 - Oct. 23

You would be wise to let friends and work colleagues express their opinions today, even if they clash with your own. In the very near future you are going to need their assistance.

**Scorpio**

Oct. 24 - Nov. 22

If you take a negative view of what is going on you may get stuck in one of those woe-is-me moods that are so hard to shift. Make a conscious effort to look on the bright side.

**Sagittarius**

Nov. 23 - Dec. 21

There is something that needs to be done. The longer you leave it the more you will have to rush when you do eventually get started and that could lead to mistakes. Make a "to do" list and stick to it.

**Capricorn**

Dec. 22 - Jan. 20

Find a nice quiet place where you can switch off from the world and get your thoughts together. If you want to find peace in your life you first need to find it in your own heart and head.

**Aquarius**

Jan. 21 - Feb. 19

If you want to convince authority figures you know what you are talking about, you must back up your opinions with facts. If you can't do that well it would be best if you stayed quiet today.

**Pisces**

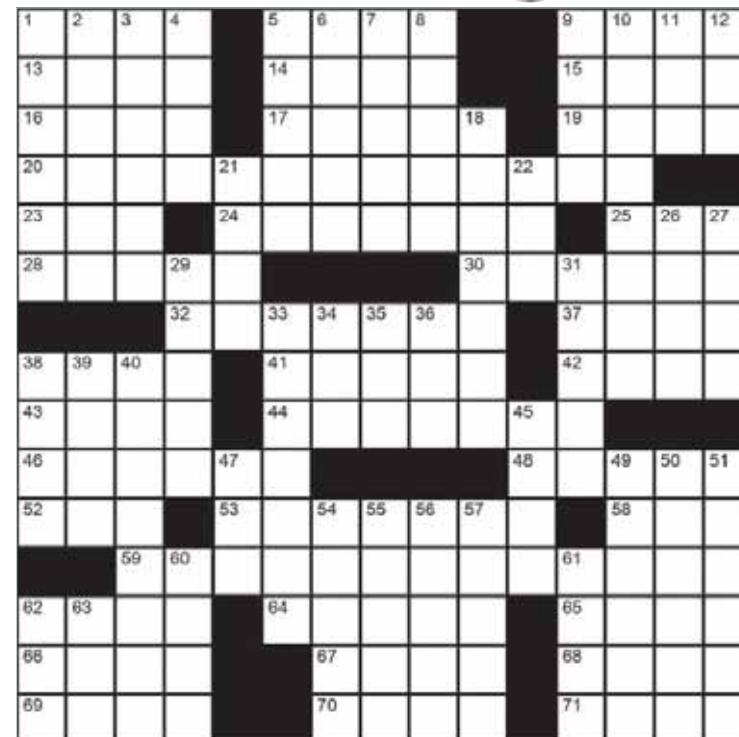
Feb. 20 - March 20

Cooperation will go a long way today, especially as so many people seem to be looking for excuses to start a fight. Victory sometimes goes to those who get themselves organized.

Crossword: Canada Across and Down

Across

- Tennis shots
5. 9th Greek alphabet letter
9. Sultanate of the Arabian Peninsula
13. \_\_\_ (Together, in music)
14. Instrument-with-sticks
15. Cougar
16. Team
17. Resort destination
19. Spot
20. "Rapper's Delight" band: 2 wds.
23. "\_\_\_ Mine" by The Beatles
24. Nylons
25. 'King' of France
28. Cosmetician Ms. Lauder
30. Not at sea: 2 wds.
32. Canadian designer of Michelle Obama's inaugural gowns: 2 wds.
37. Eye part
38. T. \_\_\_ Price (Investment firm)
41. Royal \_\_\_ Golf Club (Championship golf course in Scotland founded in 1878)
42. Possessive pronoun
43. Of a lyric poem
44. In a sick-of-it-all manner
46. Ms. Cardinal, Canadian actress in "Dances with



- Wolves" (1990)
48. Emily Carr's prop
52. Director Mr. Pollack, for short
53. \_\_\_ Reuters
58. Cuckoo bird
59. Yuk Yuk's
62. Item-for-a-foot
64. Psalms mysteri-

- ous-meaning word
65. Many times: 2 wds.
66. Bear: French
67. Planetary travel unit, \_\_\_.
68. Burial shroud
69. Top
70. Physicist Ms. Meitner

71. "I Dream of Jeannie" star Barbara
72. (Scary movie line, perhaps)
5. Particular potato
6. Root used in perfumes
7. "Tough Guys" all-girl rock band from Toronto
8. Saunter
9. Candid



See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- Susan \_\_\_ Canadian author of The Charcoal Burners
11. Concert's make-the-music-sound-louder thingy
12. Posh opposite of 'Yes'
18. Beached
21. Kirstie's co-star
22. Ms. Rand
26. Humdinger
27. Ms. Lupino's
29. Throw out
31. "I \_\_\_ Papi" by Jennifer Lopez
33. East Coast city: 2 wds.
34. From Madonna's "Vogue": "...boy \_\_\_ girl / if the music's..."
35. Positive gesture
36. Misery
38. Decays
39. Showbiz personality Aubrey
40. Buckingham Palace family, The \_\_\_
45. Fallon's predecessor
47. Hiroshima's river
49. Went by boat
50. Lotto 6/49 playing option
51. Lend an ear
54. Entertainment journalist Nancy
55. \_\_\_-faceted
56. \_\_\_ or neuters
57. Nature shade
60. Try out
61. Spice sort
62. Shed many tears
63. Tint

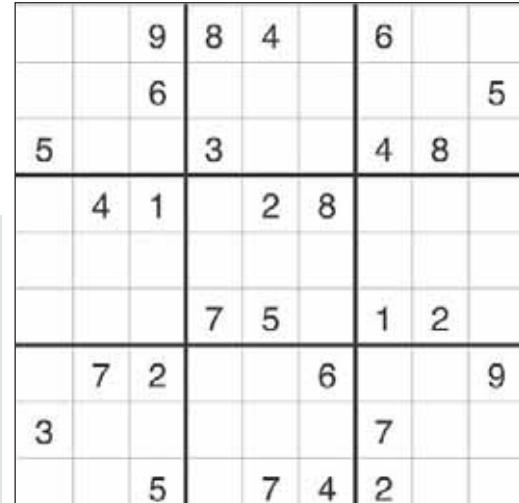
Friday's Crossword



Sudoku

**How to play**  
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today



Tuesday



Know what the weather will be 14 days from now.

Check the 14 day trend.

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## spring 2014 has arrived in style

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